

MIDDLE/HIGH SCHOOL BREAKFAST

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Even though yogurt is made from milk it has many more beneficial nutrients for you than milk. Try a yogurt and fruit parfait for breakfast.	Corporate Chef Jim Tinkham will be at the middle/HIGH school Feb. 8 Watch for activities	1 BREAKFAST PIZZA Peaches, strawberries, & blueberries	2 YOGURT Whole Grain Biscuit PINEAPPLE	3 Whole grain PANCAKE SAUSAGE FRESH ORANGE
6 Whole grain CHEERIOS MUFFIN FRUIT COCKTAIL	7 Whole grain FRENCH TOAST STIX FRESH ORANGE	8 CHEESY BREAKFAST Whole grain PIZZA BAGEL CARROT RAISIN PINEAPPLE	9 BREAKFAST BURRITO Peaches, strawberries, & blueberries	10 Whole grain BISCUITS & GRAVY APPLE RINGS
13 Whole grain CEREAL CHEESE DREAM PINEAPPLE & BANANAS	14 BREAKFAST PIZZA TROPICAL FRUIT	15 YOGURT Whole Grain Biscuit PINEAPPLE	16 Whole grain PANCAKE SAUSAGE PEARS/Strawberries	17 NO SCHOOL
20	21 Whole grain FRENCH TOAST STIX FRESH ORANGE	22 CHEESY BREAKFAST Whole grain PIZZA BAGEL MANDARIN & BANANAS	23 BREAKFAST BURRITO FRUIT COCKTAIL	24 Whole Grain BISCUITS & GRAVY CINNAMON APPLESAUCE
27 CEREAL Whole grain BAGEL FRESH ORANGE	28 Whole Grain BREAKFAST BURRITO TROPICAL FRUIT Grape Juice	29 BREAKFAST PIZZA PINEAPPLE		START EACH AND EVERY DAY WITH BREAKFAST BE YOUR BEST IN THE CLASSROOM

Available Daily
Variety of Milk Choice:
White & Chocolate Skim

Student Advisory
Parents: call Marcia Servatius
229-8150 if you are interested in
attending a food advisory meeting

Prices
Student . . . \$1.35
Reduced . . . \$.30
Adult . . . \$1.75

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